DOCUMENT RESUME

ED 101 865 PS 007 807

AUTHOR Cazier, Amelia; Batcher, Olive M.
TITLE Food Buying Guide for Child Care Centers.
INSTITUTION Department of Agriculture, Washington, D.C.
PUB DATE May 74
NOTE 96p.
AVAILABLE FROM Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (no price quoted)

EDRS PRICE MF-$0.76 HC-$1.95 PLUS POSTAGE
DESCRIPTORS *Child Care Centers; Consumer Economics; *Day Care Services; Federal Aid; *Food Service; *Guides; Nutrition; *Purchasing; Tables (Data)
IDENTIFIERS *Special Food Service Program for Children

ABSTRACT

This guide provides information for estimating the amounts of food to buy to meet the required meal patterns for young children in child care centers under the Special Food Service Program for Children. A list is given specifying the minimum requirements for meals or snacks approved for cash reimbursement by USDA. A brief description of the required food components is included. Two methods for estimating the amounts of food needed are presented along with some information on can and jar sizes, substitution of can sizes, changing ounces to pounds, abbreviations and equivalent food measures. The largest part of the guide is devoted to a table which lists various foods in terms of: (1) the form in which they are obtained; (2) the size and description of a serving; (3) purchase units; and (4) purchase units of food to buy for 25 or 50 servings. (SDH)

BEST COPY AVAILABLE

U.S. DEPARTMENT OF HEALTH
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION
THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

ED101865

FOOD BUYING GUIDE for Child Care Centers

U.S. DEPARTMENT OF AGRICULTURE • WASHINGTON, D.C. • FNS-108

00002

BEST COPY AVAILABLE

Prepared by

Nutrition and Technical Services Staff
Food and Nutrition Service

and

Consumer and Food Economics Institute
Agricultural Research Service

U. S. DEPARTMENT OF AGRICULTURE

The following persons had major responsibility for this publication:
Amelia Cazier
Nutrition and Technical Services Staff
Food and Nutrition Service
and
Olive M. Batcher
Consumer and Food Economics Institute
Agricultural Research Service

May 1974

For sale by the Superintendent of Documents
U. S. Government Printing Office
Washington, D. C. 20402 Price $....

00003

BEST COPY AVAILABLE

Contents

	Page
Meal Patterns for Young Children in Child Care Programs	2
Description of Food Components	
Breads and Cereals	3
Butter or Fortified Margarine	3
Meat and Meat Alternates	4
Milk	4
Vegetables and Fruits	4
How to Use the Buying Guide to Estimate Amounts of Food Needed	5
Common Can and Jar Sizes	6
Guide for Substituting One Can Size for Another	7
How to Estimate Number of Cans to Buy from Pound Data in Buying Guide	7
Changing Ounces to Pounds	8
Abbreviations and Symbols and Equivalent Common Food Measures	8
Explanation of Tables	9

99004

BEST COPY AVAILABLE

MEAL PATTERNS FOR YOUNG CHILDREN IN CHILD CARE PROGRAMS

As specified in the regulations for the Special Food Service Program for Children, meals or supplements served between meals (snacks) approved for cash reimbursement by USDA shall contain as a minimum the following food components in the amounts listed:

Food components	Children 1 up to 3 years	Children 3 up to 6 years
BREAKFAST		
Milk, fluid [1]	1/2 cup	3/4 cup
Juice or fruit	1/4 cup	1/2 cup
Bread and/or cereal [2], enriched or whole grain		
Bread	1/2 slice	1/2 slice
Cereal	1/4 cup	1/3 cup
MID-MORNING OR MID-AFTERNOON SUPPLEMENT (SNACK)		
Milk, fluid [1], or juice or fruit or vegetable	1/2 cup	1/2 cup
Bread or cereal [2], enriched or whole grain		
Bread	1/2 slice	1/2 slice
Cereal	1/4 cup	1/3 cup
LUNCH OR SUPPER		
Milk, fluid [1]	1/2 cup	3/4 cup
Meat and/or alternate (One of the following or combination to give equivalent quantities)		
Cooked meat, poultry, or fish [3]	1 ounce	1 1/2 ounces
Cheese	1 ounce	1 1/2 ounces
Egg	1	1
Cooked dry beans or peas	1/8 cup	1/4 cup
Peanut butter	1 tablespoon	2 tablespoons
Vegetable and/or fruit [4]	1/4 cup	1/2 cup
Bread, enriched or whole grain	1/2 slice	1/2 slice
Butter or fortified margarine	1/2 teaspoon	1/2 teaspoon

[1] Includes fluid types of whole, lowfat, skim or cultured buttermilk, flavored or unflavored.
[2] Or an equivalent serving of cornbread, biscuits, rolls, muffins, etc. made of enriched or whole-grain meal or flour.
[3] Cooked lean meat without bone.
[4] Must include at least two kinds.

00805

BEST COPY AVAILABLE

DESCRIPTION OF FOOD COMPONENTS

BREADS AND CEREALS

All breads, including cornbread, biscuits, rolls and muffins, must be enriched or made of whole-grain or enriched flour or meal to meet the bread requirement of the Special Food Service Program for Children. Bread must be served at lunch and supper, and may be served at breakfast and for the mid-morning and mid-afternoon supplements (snacks).

The size and shape of loaves and the thickness and number of slices per loaf vary among bakers and localities. Breads, such as French and Vienna, differ in length and width; therefore, the number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

Enriched or whole-grain cereal may be served at breakfast alone or in combination with bread to meet the cereal/bread requirement. Cereal may also be served as a mid-morning or mid-afternoon supplement (snack), but it cannot be used in place of bread at lunch or supper.

Crackers or cookies made of enriched or whole-grain meal or flour may be served for mid-morning or mid-afternoon supplements but may not be served in place of bread at breakfast, lunch, or supper. Acceptable "formulated grain-fruit products" meeting FNS alternate food regulations may be used at breakfast and for a mid-morning or mid-afternoon supplement. These products are intended for use where kitchen facilities are not available for preparing and serving the regular breakfast or snack menus. They must meet USDA specifications.

Macaroni products and rice may not be counted towards meeting the bread/cereal requirement.

BUTTER OR FORTIFIED MARGARINE

Butter or fortified margarine may be used as a spread on bread, as a seasoning, or in preparation of other foods in the lunch. One-half teaspoon of butter or fortified margarine at lunch or supper meets the butter or margarine requirement for children 1 to 6 years old.

00006

BEST COPY AVAILABLE

MEAT AND MEAT ALTERNATES

One or more of the following foods must be served as the main dish at lunch or supper: cooked meat, poultry, fish; cheese; egg; cooked dry beans or peas; and peanut butter. When cooked dry beans, lentils, or peas are counted as part of the meat alternate requirement, they cannot be counted toward meeting the vegetable/fruit requirement as well.

A serving of cooked meat is defined as lean meat without bone. A serving of cooked chicken or turkey includes meat and skin as normally served unless otherwise indicated.

The amounts to buy of commercially prepared combination chicken, meat, or turkey food products are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. A serving of these products, as shown in column 2 of this guide, will provide at least an ounce of cooked meat or poultry.

One ounce (dry weight) of protein-fortified, enriched macaroni-type foods may be counted as meeting 50 percent of the meat and meat alternate requirement only when served with cheese, meat, poultry, or seafood. Textured vegetable protein products may be counted towards meeting part (30 percent) of the meat and meat alternate requirement when hydrated with water and served in combination with meat, poultry, or seafood. Protein-fortified, enriched macaroni-type foods and textured vegetable protein products must meet USDA specifications. For detailed information and assistance on the proper use of these two products, contact your Food and Nutrition Service Regional Office (FNSRO) and/or State agency.

MILK

Specified amounts of milk must be served as a beverage at lunch or supper and as a beverage or with cereal at breakfast to meet the milk requirement. Milk may also be served at the mid-morning or mid-afternoon supplement (snack). Milk means fluid types of whole, lowfat, skim or cultured buttermilk, flavored or unflavored, which meet State and local standards. Fluid, evaporated, or dry milk used in preparation of soups, puddings, baked products, and other foods may *not* be counted as meeting the milk requirement. Such foods *do* add to the total milk intake of children, however, and are encouraged.

VEGETABLES AND FRUITS

A serving of cooked vegetable is drained vegetable as usually served. A serving of cooked fruit consists of fruit and juice; when sugar is added, it is indicated in the description of serving of cooked fruit. A serving of thawed frozen fruit is fruit and the juice that accumulated during thawing. A serving (¼ cup or more) of single strength vegetable or fruit juice or a serving (½ cup or more) of half strength vegetable or fruit juice may be counted towards meeting no more than ¼ cup of the vegetable or fruit requirement.

All vegetables and fruits in the guide contribute to the vegetable/fruit requirement with the exception of the following: catsup, chili sauce, jams, jellies, preserves, prepared mustard, pickle relish, pickles, and potato chips and sticks.

00007

BEST COPY AVAILABLE

HOW TO USE THE BUYING GUIDE TO ESTIMATE AMOUNTS OF FOOD NEEDED

The buying guide (pages 10 to 43) shows the number of purchase units needed for 25 or 50 servings (column 4 or 5). Use one of the methods on this page to find the number of purchase units needed for other numbers of servings.

METHOD 1

In the table below, find the number of servings needed. If the exact number is not shown, use the next higher number in the table. The number in the next column is the *amount-to-buy* factor. Multiply the *amount-to-buy* factor by the number of purchase units for 50 servings (column 5 in the buying guide). This is the number of purchase units needed.

Number of servings	Amount-to-buy factor	Number of servings	Amount-to-buy factor
5	0.1	55	1.1
10	.2	60	1.2
15	.3	65	1.3
20	.4	70	1.4
25	.5	75	1.5
30	.6	80	1.6
35	.7	85	1.7
40	.8	90	1.8
45	.9	95	1.9
50	1.0	100*	2.0

***To find the amount-to-buy factor for more than 100 servings, add the necessary factors. For example, the factor for 135 servings is 2.7 or 2.0 plus 0.7.**

Example: For 35 servings, the amount-to-buy factor is 0.7. The number of purchase units for 50 servings (¼ cup each) of applesauce (page 10) is 3.9 cans (29 oz each). Therefore, 0.7 times 3.9 equals 2.73 or about 2¾ cans are needed for 35 servings.

METHOD 2

Multiply the number of servings by the number of purchase units for 50 servings (column 5). Then divide the answer by 50 to get the number of purchase units needed.

Example: For 35 servings of applesauce (¼ cup each), 35 times 3.9 cans equals 136.5. Then divide 136.5 by 50 to get 2.73. Therefore, about 2¾ cans (29 oz each) of applesauce are needed for 35 servings.

99608

BEST COPY AVAILABLE

COMMON CAN AND JAR SIZES

Can size (industry term)	Average net weight or fluid measure per can (see note)	Average cups per can	Cans per case	Principal products
		Number	Number	
No. 10	96 oz (6 lb) *to* 117 oz (7 lb 5 oz)	12 to 13	6	Fruits, vegetables, some other foods
No. 3 Cyl	51 oz (3 lb 3 oz) *or* 46 fl oz (1 qt 14 fl oz)	5¾	12	Condensed soups, some vegetables, meat and poultry products, fruit and vegetable juices
No. 2½	26 oz (1 lb 10 oz) *to* 30 oz (1 lb 14 oz)	3½	24	Fruits, some vegetables
No. 2 Cyl	24 fl oz	3	24	Juices, soups
No. 2	20 oz (1 lb 4 oz) *or* 18 fl oz (1 pt 2 fl oz)	2½	24	Juices, ready-to-serve soups, some fruits
No. 303	16 oz (1 lb) *to* 17 oz (1 lb 1 oz)	2	24 *or* 36	Fruits and vegetables, some meat and poultry products, ready-to-serve soups
No. 300	14 oz *to* 16 oz (1 lb)	1¾	24	Some fruits and meat products
No. 2 vacuum	12 oz	1½	24	Principally for vacuum pack corn
No. 1 picnic	10½ oz to 12 oz	1¼	48	Condensed soups, fruits, vegetables, meat, fish
8 oz	8 oz	1	48 *or* 72	Ready-to-serve soups, fruits, vegetables

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 can contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

00609

BEST COPY AVAILABLE

GUIDE FOR SUBSTITUTING ONE CAN SIZE FOR ANOTHER

Can size (industry term)	Average weight or fluid measure per can	No. 10	No. 3 Cyl	No. 2½	No. 2	No. 303
No. 10	96 *to* 117 oz	1.0	2.2	3.7	5.4	6.5
No. 3 Cyl	51 oz *or* 46 fl oz	.5	1.0	1.8	2.6	3.1
No. 2½	26 *to* 30 oz	.3	.6	1.0	1.5	1.8
No. 2	20 oz *or* 18 fl oz	.2	.4	.7	1.0	1.3
No. 303	16 *to* 17 oz	.16	.4	.6	.9	1.0

In place of one No. 3 Cyl (column 1), use 0.5 No. 10 can, 1.8 No. 2½ cans, 2.6 No. 2 cans, or 3.1 No. 303 cans.

HOW TO ESTIMATE NUMBER OF CANS TO BUY FROM POUND DATA IN BUYING GUIDE

Use number of pounds of canned food (pages 10 to 43) and number of No. 303 cans interchangeably. Use the above table to estimate the number of other size cans to buy. NOTE: The number of cans estimated by this method may not always be the same as the information in the buying guide because the data in both tables have been rounded.

Example: For 50 servings of canned apples (page 10), 6.0 pounds (or 6 No. 303 cans) are needed, or 0.96 No. 10 cans (6.0 pounds times 0.16 equals 0.96 cans), or 3.6 No. 2½ cans (6 pounds times 0.6 equals 3.6).

00010

BEST COPY AVAILABLE

CHANGING OUNCES TO POUNDS

1 ounce	0.06 or 1/16 pound	13 ounces	.81 or 13/16 pound
2 ounces	.12 or 1/8 pound	14 ounces	.88 or 7/8 pound
3 ounces	.19 or 3/16 pound	15 ounces	.94 or 15/16 pound
4 ounces	.25 or 1/4 pound	16 ounces	1.00 or 1 pound
5 ounces	.31 or 5/16 pound	32 ounces	2.00 or 2 pounds
6 ounces	.38 or 3/8 pound	48 ounces	3.00 or 3 pounds
7 ounces	.44 or 7/16 pound	64 ounces	4.00 or 4 pounds
8 ounces	.50 or 1/2 pound	80 ounces	5.00 or 5 pounds
9 ounces	.56 or 9/16 pound	96 ounces	6.00 or 6 pounds
10 ounces	.62 or 5/8 pound	112 ounces	7.00 or 7 pounds
11 ounces	.69 or 11/16 pound	128 ounces	8.00 or 8 pounds
12 ounces	.75 or 3/4 pound	144 ounces	9.00 or 9 pounds

ABBREVIATIONS AND SYMBOLS

tsp	teaspoon
Tbsp	tablespoon
pt	pint
qt	quart
gal	gallon
oz	ounce
fl oz	fluid ounce
lb	pound
wt	weight
No.	number
Cyl	Cylinder
pkg	package
°F	degrees Fahrenheit
×	multiply
÷	divide

EQUIVALENT COMMON FOOD MEASURES

1 tablespoon	3 teaspoons
1 fluid ounce	2 tablespoons
⅛ cup	2 tablespoons
¼ cup	4 tablespoons
⅓ cup	5⅓ tablespoons
½ cup	8 tablespoons
⅔ cup	10⅔ tablespoons
¾ cup	12 tablespoons
1 cup	16 tablespoons
1 cup	½ pint
1 pint	2 cups
1 quart	2 pints
1 gallon	4 quarts
1 peck	8 quarts
1 bushel	4 pecks

99811

EXPLANATION OF TABLES

BEST COPY AVAILABLE

This Food Buying Guide provides information for determining the amounts of food to buy to meet the meal patterns of pre-school children in Child Care Centers under the Special Food Service Program for Children.

Amounts to buy of individual foods are averages. Variations in the yields of meat and poultry may be due to type, age, fatness, and weight of animal; and method, time, and temperature of cooking. Variety, season, size, and ripeness as well as preparation and cooking time influence yields of vegetables and fruits.

Column 1—Food as purchased

Foods are listed alphabetically according to the form in which they are obtained on the market—canned, dried (dehydrated), fresh, or frozen. Preparation of food by the processor is also given, such as sliced, boned, or shelled.

Items defined as special purchase are USDA-donated foods that are not normally available on the market.

Column 2—Size and description of serving

Size of serving is given as a weight, measure, or number of pieces or slices. The approximate yield in measure or weight given in parentheses also indicates the crediting toward the meal for foods such as raw apple, half-strength juice, and cooked chicken. Descriptions include preparation procedures used in child care center kitchens, such as diced, shredded, or cooked.

Column 3—Purchase unit

The purchase unit is a pound for most foods. A common can or package size is also given for many processed foods. Data on the one-pound unit can be used to estimate amounts of other purchase units.

Columns 4 and 5—Purchase units of food to buy for 25 or 50 servings

The number of pounds, cans, packages, or other units to buy for preparing 25 or 50 servings of the size described in column 2 is shown. The figures in column 5 are not always double those in column 4 because the data in the two columns were determined separately and then rounded to one decimal. To determine amounts to buy for other numbers of servings, see page 8.

"Food Buying Guide for Type A School Lunches" PA-270, might be more helpful in determining amounts to serve 100 or more children

00012

FOOD BUYING GUIDE

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
APPLES				
Canned (slices, solid pack)	½ cup fruit	No. 10 Can (96 oz)	6.5	13.0
		No. 2½ can (26 oz)	1.9	3.7
		Pound	3.0	6.0
Fresh	½ small raw apple (about ½ cup)	Pound	3.2	6.3
	½ cup raw diced	Pound	2.2	4.4
	½ cup cooked sliced	Pound	4.0	8.0
APPLESAUCE, Canned	½ cup fruit	No. 10 can (108 oz)	6.6	13.1
		No. 2½ can (29 oz)	2.0	3.9
		Pound	3.6	7.1
APRICOTS				
Canned (halves, unpeeled or whole, peeled)	½ cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
		No. 2½ can (30 oz)	1.9	3.8
		Pound	3.6	7.2
Dried (halves)	½ cup cooked, sugar added	Pound	1.0	2.0

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for: 25 servings (4)	50 servings (5)
APRICOTS—Continued				
Fresh	1 medium raw (about ¼ cup)	Pound	2.1	4.2
	¼ cup raw halves	Pound	2.3	4.6
ASPARAGUS				
Canned (cuts and tips)	½ cup vegetable	No. 10 can (103 oz)	0.7	1.4
		Pound	4.3	8.5
Frozen (cuts and tips)	½ cup cooked	2½-lb pkg	1.3	2.5
		Pound	3.1	6.2
BANANAS				
Canned (mashed)	¾ cup fruit	No. 10 can (116 oz)	0.5	1.0
		Pound	3.6	7.1
Fresh	½ small banana (¼ cup)	Pound	4.2	8.4
	¼ cup raw sliced	Pound	3.1	6.2
BEANS, DRY				
Canned				
Beans (baked or in sauce)	¼ cup beans	Pound	3.6	7.2
Beans with bacon in sauce	⅓ cup serving (about ¼ cup beans)	Pound	5.3	10.6
Beans with frankfurters in sauce.	⅓ cup serving (equivalent to about 1 oz meat)	Pound	4.7	9.4

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEANS, DRY—Continued				
Canned—Continued				
Blackeye, kidney, red, or white, (in brine)	½ cup beans	No. 3 Cyl (51 oz)	1.2	2.3
		Pound	3.6	7.1
Lima (in brine)	½ cup beans	Pound	3.5	6.9
Dry				
Blackeye beans or peas	½ cup cooked beans	Pound	1.5	3.0
Great Northern	½ cup cooked beans	Pound	1.1	2.2
Kidney	½ cup cooked beans	Pound	1.2	2.3
Lima (large or small)	½ cup cooked beans	Pound	1.1	2.2
Navy, pea	½ cup cooked beans	Pound	1.2	2.4
Pinto	½ cup cooked beans	Pound	1.1	2.1
Small white	½ cup cooked beans	Pound	1.3	2.6
BEANS, GREEN OR WAX				
Canned	½ cup vegetable	No. 10 can (101 oz)	0.5	1.0
		No. 2½ can (28 oz)	1.9	3.8
		Pound	3.1	6.2
Frozen	½ cup vegetable	2½-lb pkg	0.8	1.6
		Pound	2.0	4.0

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for: 25 servings (4)	50 servings (5)
BEANS, LIMA				
Canned (green)	½ cup vegetable	No. 10 can (105 oz)	0.6	1.1
		Pound	3.5	6.9
Frozen (Foodbook)	½ cup vegetable	2½-lb pkg	0.9	1.8
		Pound	2.3	4.5
BEAN SPROUTS, Canned	½ cup vegetable	No. 10 can (104 oz)	0.6	1.2
		Pound	3.8	7.6
BEEF				
Canned or Frozen				
Beef hash	⅓ cup serving (about 1 oz meat and ⅛ cup vegetable)	Pound	4.7	9.4
Beef stew	¾ cup serving (about 1 oz meat and ¼ cup vegetable)	Pound	10.6	21.1
Beef with barbecue sauce	⅓ cup serving (about 1½ oz meat)	Pound	4.7	9.4
Beef with natural juices (special purchase)	1½ ounces meat	No. 2½ can (29 oz)	1.9	3.8
		Pound	3.4	6.7
	1 ounce	No. 2½ can (29 oz)	1.3	2.5
		Pound	2.3	4.5
Corned beef hash	⅓ cup serving (about 1 oz meat and ⅛ cup vegetable)	Pound	4.7	9.4

9 I 0 6 6

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEEF—Continued				
Dried, chipped	1½ ounces cooked meat	Pound	1.9	3.8
	1 ounce cooked meat	Pound	1.3	2.5
Fresh or Frozen				
Chuck roast (without bone)	1½ ounces cooked meat	Pound	3.2	6.3
	1 ounce cooked meat	Pound	2.1	4.2
Cubed steak (preportioned, about 3.1 oz raw)	¾ steak (about 1.7 oz cooked meat)	Pound	3.7	7.3
	½ steak (about 1.2 oz cooked meat)	Pound	2.5	4.9
Ground				
Market style (no more than 30 percent fat)	1½ ounces cooked meat	Pound	3.3	6.5
	1 ounce cooked meat	Pound	2.2	4.3
Special purchase (no more than 26 percent fat)	1½ ounces cooked meat	Pound	3.2	6.3
	1 ounce cooked meat	Pound	2.1	4.2
Liver	1½ ounces cooked meat	Pound	3.2	6.4
	1 ounce cooked meat	Pound	2.2	4.3
Round steak (without bone)	1½ ounces cooked meat	Pound	3.1	6.2
	1 ounce cooked meat	Pound	2.1	4.2
Rump roast (without bone)	1½ ounces cooked meat	Pound	3.3	6.5
	1 ounce cooked meat	Pound	2.2	4.3
Shortribs	1½ ounces cooked meat	Pound	9.4	18.8
	1 ounce cooked meat	Pound	6.3	12.5
Stew meat	1½ ounces cooked meat	Pound	3.6	7.1
	1 ounce cooked meat	Pound	2.4	4.8

ATOOO

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BEETS, Canned				
Sliced or shoestring	¼ cup vegetable	No. 10 can (104 oz)	0.6	1.2
		Pound	3.6	7.2
Whole baby	¼ cup vegetable	No. 10 can (104 oz)	0.6	1.1
		Pound	3.4	6.7
BLACKEYE PEAS, Canned (green)	¼ cup vegetable	No. 10 can (104 oz)	0.7	1.4
		Pound	4.1	8.2
BLUEBERRIES				
Canned	¼ cup fruit and juice	No. 10 can (105 oz)	0.6	1.1
		Pound	3.5	6.9
Fresh	¼ cup raw berries	Pint (14½ oz)	2.4	4.7
BREAD (raisin, rye, white, wheat)	½ slice	1-lb loaf	0.8	1.6
BROCCOLI, Frozen				
Spears	¼ cup cooked spears (about 1 medium)	2-lb pkg	1.5	2.9
		Pound	2.9	5.8
Cut or chopped	¼ cup cooked	2½-lb pkg	1.2	2.4
		Pound	2.9	5.8

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
BRUSSELS SPROUTS, Frozen	¼ cup cooked	2½-lb pkg	0.9	1.8
		Pound	2.2	4.3
BULGUR, CRACKED WHEAT (special purchase)	¼ cup cooked	Pound	0.7	1.4
BUNS	1 bun	Dozen	2.1	4.2
BUTTER	½ teaspoon	Pound	0.2	0.3
CABBAGE, Fresh				
Celery or Chinese	¼ cup raw pieces	Pound	1.2	2.4
White or red	¼ cup raw shredded for slaw	Pound	1.9	3.9
	¼ cup cooked shredded	Pound	2.3	4.5
CANTALOUP, Fresh	¼ cup cubed or diced	Pound	4.4	8.8
CARROTS				
Canned (diced or sliced)	¼ cup vegetable	No. 10 can (105 oz)	0.5	1.0
		Pound	3.3	6.6
Fresh	¼ cup raw strips (about 6 strips 4 x ½ inch)	Pound	2.1	4.1
	¼ cup raw shredded for salad	Pound	2.8	5.5
	¼ cup cooked sliced	Pound	3.0	5.9
CATSUP, TOMATO	1 teaspoon	16-oz bottle	0.3	0.7

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CAULIFLOWER				
Fresh (trimmed)	¼ cup raw flowerets	Pound	2.6	5.1
Frozen	¼ cup cooked	2-lb pkg	1.4	2.7
		Pound	2.7	5.3
CELERY, Fresh (untrimmed)	¼ cup raw sticks or strips (about 4 sticks 4 x ½ inch)	Pound	2.3	4.5
CHEESE				
American, Cheddar (natural or process), Mozzarella, Swiss (natural or process)	1½ ounces cheese	Pound	2.4	4.7
	1 ounce cheese	Pound	1.6	3.2
Cottage	1½ ounces (about 3 tablespoons)	Pound	2.3	4.7
Cream	2 tablespoons	Pound	1.6	3.3
CHEESE FOOD AND SPREAD (process)	3 ounce serving (1½ oz cheese)	Pound	4.7	9.4
	2 ounce serving (1 oz cheese)	Pound	3.2	6.3
CHERRIES, Canned (red, tart, pitted)	¼ cup fruit and juice	No. 10 can (103 oz)	0.6	1.1
		Pound	3.4	6.8

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CHICKEN				
Canned (boned)	¼ cup serving (about 1.8 oz chicken meat)	Pound	3.6	7.1
Fresh or Frozen				
Breasts with ribs, market style. (about 12.8 oz each)	¼ breast with rib (about 1.7 oz cooked chicken meat)	Pound	5.0	10.0
	1½ ounces cooked chicken meat.	Pound	4.5	8.9
	1 ounce cooked chicken meat	Pound	3.0	5.9
Breasts with backs, special purchase, style II. (about 13.8 oz each)	¼ breast with back (about 1.5 oz cooked chicken meat)	Pound	5.4	10.8
	1½ ounces cooked chicken meat.	Pound	5.4	10.8
	1 ounce cooked chicken meat	Pound	3.6	7.2
Drumsticks (about 3.3 oz each)	1 drumstick (about 1.4 oz cooked chicken meat)	Pound	5.2	10.4
	1½ ounces cooked chicken meat.	Pound	5.7	11.3
	1 ounce cooked chicken meat	Pound	3.8	7.6
Thighs (about 3.7 oz each)	1 thigh (about 1.7 oz cooked chicken meat)	Pound	5.8	11.6
	1½ ounces cooked chicken meat.	Pound	5.3	10.5
	1 ounce cooked chicken meat	Pound	3.5	7.0

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CHICKEN—Continued				
Fresh or Frozen—Continued				
Whole (about 2¾ lb with neck and giblets)	1½ ounces cooked chicken meat excluding neck meat and giblets.	Pound	6.2	12.4
	1 ounce cooked chicken meat excluding neck meat and giblets.	Pound	4.2	8.3
Wings (about 3.0 oz each)	1 wing (about 1 oz cooked chicken meat)	Pound	4.7	9.4
	1½ ounces cooked chicken meat.	Pound	7.2	14.4
	1 ounce cooked chicken meat	Pound	4.9	9.7
CHILI CON CARNE WITH BEANS, Canned	⅓ cup serving (equivalent to a 1 oz serving of meat)	Pound	4.7	9.4
CHILI SAUCE	1 tablespoon	Pound	0.9	1.8
CHOPPED MEAT WITH NATURAL JUICES, Canned (special purchase)	1½ ounces meat	No. 2½ can (30 oz)	1.4	2.8
		Pound	2.7	5.3
	1 ounce meat	No. 2½ can (30 oz)	1.0	1.9
		Pound	1.8	3.6

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
COCONUT, Canned, Dried, or Frozen.	1 cup shredded	Pound	4.7	9.4
COLLARDS, Canned	¼ cup vegetable	No. 10 can (98 oz)	0.9	1.8
		Pound	5.3	10.5
CORN, Canned				
Cream style	¼ cup vegetable	No. 10 can (106 oz)	0.6	1.1
		Pound	3.6	7.1
Whole kernel (vacuum pack)	¼ cup vegetable	Pound	2.9	5.8
CORNED BEEF HASH, see BEEF, Canned.				
CORNMEAL	¼ cup cooked	Pound	0.6	1.1
CRACKERS				
Graham	2 crackers (2½ inches square)	Pound	0.9	1.7
Saltines	2 crackers (2 inches square)	Pound	0.5	0.9
Soda	2 crackers (2½ inches square)	Pound	0.7	1.3
CRANBERRIES, Fresh	¼ cup raw chopped	Pound	1.6	3.2
	¼ cup cooked, sugar added	Pound	2.0	3.9

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
CRANBERRY RELISH OR SAUCE, Canned	¼ cup fruit	No. 10 can (117 oz)	0.6	1.1
		Pound	3.9	7.7
CUCUMBERS, Fresh	¼ cup pared, diced or sliced	Pound	2.8	5.5
DATES, Dried (cut or chopped)	¼ cup dry fruit	Pound	2.5	4.9
EGGS, Fresh				
Shell eggs (large size)	1 egg	Dozen (24 oz)	2.1	4.2
ENDIVE, CHICORY, ESCAROLE, Fresh	¼ cup for salad	Pound	1.7	3.3
FARINA	¼ cup cooked	Pound	0.4	0.8
FIGS, Canned	¼ cup fruit and juice	No. 10 can (110 oz)	0.6	1.1
		No. 2½ can (30 oz)	1.9	3.8
		Pound	3.6	7.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
FISH, Frozen				
Fillets	1½ ounces cooked fish	Pound	3.7	7.4
	1 ounce cooked fish	Pound	2.5	4.9
Portions (breaded)				
3-oz	1 portion (1.6 oz cooked fish)	Pound	4.7	9.4
2-oz	1 portion (1.1 oz cooked fish)	Pound	3.2	6.3
Sticks (breaded)				
1-oz stick	3 sticks (1.5 oz cooked fish)	Pound	4.7	9.4
	2 sticks (1 oz cooked fish)	Pound	3.2	6.3
FRANKFURTERS				
(8 per pound)	½ frankfurter (1 oz meat)	Pound	1.6	3.2
(10 per pound)	1 frankfurter (1.6 oz meat)	Pound	2.5	5.0
FRENCH DRESSING	1 tablespoon	Quart	0.4	0.8
FRUIT COCKTAIL, Canned	¼ cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
		No. 2½ can (30 oz)	1.9	3.8
		Pound	3.6	7.1

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for: 25 servings (4)	50 servings (5)
GRAHAM CRACKERS	2 crackers (2½ inches square)	Pound	0.9	1.7
GRAPEFRUIT				
Canned (sections)	¼ cup fruit and juice	No. 3 Cyl (50 oz)	1.2	2.3
		Pound	3.5	7.0
Fresh	¼ cup sections and juice (no membrane)	Pound	6.5	13.0
	¼ cup juice	Pound	7.3	14.5
GRAPEFRUIT AND ORANGE SECTIONS, Canned	¼ cup fruit and juice	No. 3 Cyl (50 oz)	1.2	2.3
		Pound	3.5	6.9
GRAPES, SEEDLESS, Fresh	¼ cup raw grapes	Pound	2.4	4.7
GRITS, CORN	¼ cup cooked	Pound	0.6	1.1
HAM, see PORK				
HONEY	1 cup	Pound	18.7	37.4
(strained)	1 teaspoon	Pound	0.4	0.8
HONEYDEW MELON, Fresh	¼ cup cubed or diced	Pound	4.1	8.2
ICE CREAM	3-ounce container	3-oz container	25.0	50.0
	⅓ cup (No. 12 scoop)	1 quart	2.1	4.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
JAMS, JELLIES, PRESERVES	1 cup	32-oz jar	9.4	18.8
	1 teaspoon	32-oz jar	0.2	0.3
JUICES, VEGETABLE AND FRUIT				
Canned				
Single strength (100 percent juice)	½ cup juice (½ cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	2.2	4.4
Any juice such as apple, grapefruit, lemon, orange, pineapple, tomato.	½ cup juice (½ cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	1.1	2.2
	½ cup juice (½ cup vegetable or fruit)	No. 2 Cyl (24 fl oz)	4.4	8.7
	½ cup juice (½ cup vegetable or fruit)	No. 2 Cyl (24 fl oz)	2.2	4.4
Half strength (50 percent juice)	½ cup liquid (½ cup vegetable or fruit)	No. 3 Cyl (46 fl oz)	0.6	1.1
Frozen				
Concentrated (1 part juice to 3 parts water)	½ cup reconstituted juice (½ cup fruit)	12-fl oz can (about 14 oz)	1.1	2.1
Any fruit such as grape, grapefruit, orange and grapefruit, pineapple, tangerine.	½ cup reconstituted juice (½ cup fruit)	6-fl oz can (about 7 oz)	2.1	4.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
KALE				
Canned	½ cup vegetable	No. 10 can (98 oz)	0.9	1.8
		No. 2½ can (27 oz)	2.8	5.5
		Pound	5.3	10.6
Frozen (chopped or whole leaf)	½ cup cooked	Pound	2.8	5.6
LAMB, Fresh or Frozen				
Ground	1½ ounces cooked meat	Pound	3.5	7.0
	1 ounce cooked meat	Pound	2.3	4.6
Stew meat	1½ ounces cooked meat	Pound	3.6	7.1
	1 ounce cooked meat	Pound	2.4	4.8
LEMONS, Fresh	½ cup juice	Pound	7.9	15.7
LENTILS, Dry	½ cup cooked lentils	Pound	1.0	1.9
LETTUCE, Fresh				
Head	½ cup raw pieces	Pound	1.1	2.1
	½ cup for salad	Pound	1.6	3.1
Leaf	½ cup raw pieces	Pound	1.2	2.3
	½ cup for salad	Pound	1.7	3.4
Romaine	½ cup raw pieces	Pound	1.2	2.4
	½ cup for salad	Pound	1.8	3.6
LIMES, Fresh	½ cup juice	Pound	7.1	14.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
LIVER, see BEEF				
LUNCHEON MEATS	1½ ounces meat	Pound	2.4	4.7
(excluding meat by-products, cereals, or extenders)	1 ounce meat	Pound	1.6	3.2
MACARONI, ELBOW	¼ cup cooked	Pound	0.6	1.2
MACKEREL, Canned	1½ ounces mackerel	No. 300 can (15 oz)	3.0	6.0
	1 ounce mackerel	No. 300 can (15 oz)	2.0	4.0
MARGARINE, FORTIFIED	½ teaspoon	Pound	0.2	0.3
MARSHMALLOWS	2 large marshmallows	Pound	0.7	1.3
MAYONNAISE	1 tablespoon	Quart	0.4	0.8
MILK				
Dried				
Whole	1 cup reconstituted	Pound	1.8	3.6
Nonfat				
Instant	1 cup reconstituted	Pound	1.4	2.8
Non-instant	1 cup reconstituted	Pound	1.4	2.8
(special purchase)				
Evaporated	1 cup reconstituted	Pound	7.2	14.3

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for 25 servings (4)	Number of purchase units of food to buy for 50 servings (5)
MILK—Continued				
Fluid	¾ cup	Gallon	1.2	2.4
		Quart	4.7	9.4
		½ pint	12.6	25.0
	½ cup	Gallon	0.8	1.6
		Quart	3.2	6.3
		½ pint	18.8	37.6
MUSHROOMS, Canned	½ cup serving	Pound (drained weight)	2.2	4.5
MUSTARD GREENS, Canned	½ cup vegetable	No. 10 can (98 oz)	0.8	1.6
		No. 2½ can (27 oz)	2.5	4.9
		Pound	4.8	9.5
MUSTARD, PREPARED	1 tablespoon	Pound	0.9	1.8
NECTARINES, Fresh	½ medium raw nectarine (about ¼ cup)	Pound	3.2	6.3
NOODLES	¼ cup cooked	Pound	0.8	1.5
OATS, ROLLED	¼ cup cooked	Pound	0.6	1.1
OKRA, Canned (cut or whole)	¼ cup vegetable	No. 10 can (99 oz)	0.7	1.4
		Pound	4.2	8.3
OKRA WITH TOMATOES, Canned	¼ cup vegetable	No. 10 can (101 oz)	0.6	1.1
		Pound	3.3	6.6

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
OLIVES, Canned				
Ripe whole, large size (pitted)	¼ cup whole	Pound (drained)	2.0	4.0
ONIONS				
Fresh				
Green	¼ cup raw chopped	Pound	2.2	4.4
Mature	¼ cup raw sliced	Pound	1.8	3.6
	¼ cup cooked halves or pieces.	Pound	3.3	6.5
ORANGES				
Canned, Mandarin	¼ cup fruit and juice	Pound	3.5	6.9
Fresh				
Size 138 (Calif., Ariz.); Size 200 (Fla., Texas).	½ medium (about ¼ cup fruit and juice)	Pound	4.2	8.4
All sizes	¼ cup sections and juice (with membrane)	Pound	4.6	9.1
	¼ cup sections and juice (no membrane)	Pound	5.2	10.4
	¼ cup juice	Pound	6.9	13.7
PARSLEY, Fresh	¼ cup chopped	Pound	1.3	2.5

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PEACHES				
Canned (slices)	¼ cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
		No. 2½ can (29 oz)	2.0	4.0
		Pound	3.6	7.1
Dried (halves)	¼ cup cooked, sugar added	Pound	0.8	1.6
Fresh	½ medium raw peach (about ¼ cup)	Pound	3.2	6.3
	¼ cup raw sliced	Pound	3.1	6.2
PEANUT BUTTER	4 tablespoons (¼ cup)	Pound	3.6	7.1
		32-oz jar	1.8	3.6
	2 tablespoons	Pound	1.8	3.6
		32-oz jar	0.9	1.8
	1 tablespoon	Pound	0.9	1.8
		32-oz jar	0.5	0.9
PEANUTS, ROASTED (shelled)	1 cup chopped nutmeats	Pound	8.0	15.9

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PEARS				
Canned (slices or quarters)	¼ cup fruit and juice	No. 10 can (106 oz)	0.5	1.0
		No. 2½ can (29 oz)	1.8	3.6
		Pound	3.3	6.5
Fresh	½ small raw pear (about ¼ cup)	Pound	3.2	6.3
	¼ cup raw sliced	Pound	3.0	6.1
PEAS AND CARROTS				
Canned	¼ cup vegetable	No. 10 can (105 oz)	0.6	1.1
		Pound	3.5	6.9
Frozen	¼ cup vegetable	Pound	2.3	4.5
PEAS, GREEN				
Canned	¼ cup vegetable	No. 10 can (105 oz)	0.6	1.2
		Pound	3.7	7.4
Dry				
Split	¼ cup cooked peas	Pound	1.1	2.2
Whole	¼ cup cooked peas	Pound	1.1	2.1
Frozen	¼ cup cooked	Pound	2.5	5.0

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PECANS, shelled	1 cup chopped nutmeats	Pound	6.5	13.0
PEPPERS, GREEN				
Fresh	¼ cup raw strips (about 1/6 of a large pepper)	Pound	1.7	3.4
	¼ cup raw chopped or diced	Pound	2.6	5.1
Frozen (diced)	¼ cup raw	Pound	2.0	3.9
PEPPERS, SWEET, Canned (green or red, diced)	¼ cup vegetable	Pound	4.1	8.2
PICKLE RELISH, SWEET	1 tablespoon	Pound	0.9	1.7
PICKLES, Small	1 pickle	Quart	1.3	2.5
PIMIENTOS, Canned (chopped, diced, or whole)	¼ cup vegetable	No. 2½ can (28 oz)	2.5	5.0
		Pound	4.9	9.7

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PINEAPPLE				
Canned				
Chunks or tidbits	¼ cup fruit and juice	No. 10 can (107 oz)	0.6	1.1
		No. 2½ can (29 oz)	2.0	3.9
		Pound	3.6	7.1
Crushed	¼ cup fruit and juice	No. 10 can (109 oz)	0.6	1.1
		No. 2½ can (30 oz)	2.0	3.9
		Pound	3.6	7.2
Fresh	¼ cup raw cubed	Pound	4.2	8.3
PLUMS				
Canned (purple, whole)	¼ cup fruit and juice	No. 10 can (108 oz)	0.6	1.1
		No. 2½ can (30 oz)	1.9	3.8
		Pound	3.6	7.1
Fresh	1 small raw plum (about ¼ cup)	Pound	3.2	6.3
	¼ cup raw halved or sliced	Pound	2.5	5.0
	¼ cup cooked halves, sugar added.	Pound	4.1	8.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PORK				
Canned				
Ham with natural juices	1½ ounces cooked meat	Pound	2.6	5.1
	1 ounce cooked meat	Pound	1.7	3.4
Pork luncheon meat (special purchase)	1½ ounces cooked meat	Pound	2.7	5.3
	1 ounce cooked meat	Pound	1.8	3.6
Pork with natural juices (special purchase)	1½ ounces cooked meat	No. 2½ can (29 oz)	1.9	3.8
		Pound	3.4	6.7
	1 ounce cooked meat	No. 2½ can (29 oz)	1.3	2.5
		Pound	2.3	4.5
Fresh or Frozen				
Ground (special purchase, no more than 26 percent fat)	1½ ounces cooked meat	Pound	3.3	6.5
	1 ounce cooked meat	Pound	2.2	4.3
Sausage, bulk or link	1½ ounces cooked meat	Pound	4.6	9.2
	1 ounce cooked meat	Pound	3.1	6.2
Shoulder, picnic (without bone)	1½ ounces cooked meat	Pound	3.7	7.4
	1 ounce cooked meat	Pound	2.5	4.9
Spareribs	1½ ounces cooked meat	Pound	9.1	18.2
	1 ounce cooked meat	Pound	6.1	12.2
Mild Cured				
Ham (without bone)	1½ ounces cooked meat	Pound	3.1	6.1
	1 ounce cooked meat	Pound	2.1	4.1
Shoulder, picnic (with bone)	1½ ounces cooked meat	Pound	4.2	8.4
	1 ounce cooked meat	Pound	2.8	5.6

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
POTATO CHIPS	¼ ounce (about ⅓ cup)	Pound	0.4	0.8
	½ package (about ⅓ cup)	¾-oz pkg	12.5	25.0
POTATO STICKS	¼ ounce (about ¼ cup)	Pound	0.4	0.8
POTATOES, WHITE				
Canned (small whole)	¼ cup vegetable	No. 10 can (102 oz)	0.6	1.1
		No. 2½ can (29 oz)	2.1	4.2
		Pound	3.5	6.9
Dehydrated, low moisture (flakes or granules)	¼ cup reconstituted	Pound	0.6	1.1
Fresh	¼ cup pared cooked, diced or sliced.	Pound	2.7	5.3
	¼ cup cooked mashed	Pound	3.7	7.3
Frozen				
French fries, regular straight cut.	½ cup heated	Pound	1.7	3.3
Hash browns, diced	¼ cup heated	Pound	3.0	5.9
Potato rounds	¼ cup heated	Pound	2.0	3.9

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
PRUNES				
Canned (special purchase)	¼ cup fruit and juice	No. 10 can (116 oz)	0.4	0.8
		Pound	2.8	5.5
Dried (with pits)	3 medium prunes, dry (about ¼ cup cooked fruit and juice)	Pound	1.3	2.6
	¼ cup cooked	Pound	1.4	2.7
	¼ cup cooked, sugar added	Pound	1.2	2.3
PUMPKIN, Canned	¼ cup vegetable	No. 10 can (106 oz)	0.6	1.1
		No. 2½ can (29 oz)	1.9	3.8
		Pound	3.4	6.8
RADISHES, Fresh (without tops)	4 small radishes (about ¼ cup)	Pound	2.1	4.1
	¼ cup raw sliced	Pound	1.8	3.6
RAISINS, SEEDLESS, Dried	2⅔ tablespoons dry raisins (about ¼ cup cooked fruit and juice)	Pound	1.4	2.7
	¼ cup cooked	Pound	1.4	2.8
RHUBARB, Fresh (without leaves)	¼ cup cooked, sugar added	Pound	3.7	7.3

000939

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
RICE	¼ cup cooked	Pound	0.8	1.5
ROLLS	1 roll	Dozen	2.1	4.2
RUTABAGAS, Fresh	¼ cup cooked cubed	Pound	3.0	6.0
	¼ cup cooked mashed	Pound	4.3	8.6
SALAD DRESSING	1 tablespoon	Quart	0.4	0.8
SALMON, Canned	1½ ounces salmon	No. 1 tall can (16 oz)	2.9	5.8
	1 ounce salmon	No. 1 tall can (16 oz)	2.0	3.9
SALTINES	2 crackers (2 inches square)	Pound	0.5	0.9
SAUERKRAUT, Canned	¼ cup vegetable	No. 10 can (99 oz)	0.6	1.1
		No. 2½ can (27 oz)	1.8	3.6
		Pound	3.2	6.3
SAUSAGE, see PORK				

36

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
SIRUPS (cane, maple, molasses)	1 cup	Gallon (about 176 oz)	1.6	3.2
		Quart (about 44 oz)	6.3	12.5
	2 tablespoons	Gallon (about 176 oz)	0.2	0.4
SODA CRACKERS	2 crackers (2½ inches square)	Pound	0.7	1.3
SOUPS, Canned Condensed (clam, tomato, vegetable)	1 cup reconstituted (about ¼ cup vegetable)	Pound	6.8	13.6
	½ cup reconstituted (about ⅛ cup vegetable)	Pound	3.4	6.8
SPAGHETTI	¼ cup cooked	Pound	0.7	1.4
SPINACH Canned	¼ cup vegetable	No. 10 can (98 oz)	0.9	1.8
		No. 2½ can (27 oz)	2.7	5.3
		Pound	5.2	10.3

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
SPINACH—Contained				
Fresh	¼ cup pieces	Pound	0.9	1.7
(partly trimmed)	¼ cup for salad	Pound	1.3	2.5
	¼ cup cooked	Pound	2.5	5.0
Frozen				
Chopped	¼ cup cooked	Pound	3.7	7.4
Whole leaf	¼ cup cooked	Pound	3.4	6.8
SQUASH				
Fresh				
Acorn	½ small squash baked in skin (about ¼ cup vegetable)	1 squash (8 oz)	12.5	25.0
	¼ cup cooked	Pound	6.2	12.3
Butternut	¼ cup cooked cubed	Pound	3.2	6.5
	¼ cup cooked mashed	Pound	4.5	9.0
Hubbard	¼ cup cooked cubed	Pound	5.6	11.2
	¼ cup cooked mashed	Pound	6.0	11.9
Summer	¼ cup cooked mashed	Pound	4.1	8.2
	¼ cup cooked sliced	Pound	3.1	6.2
Zucchini	¼ cup cooked sliced	Pound	3.5	7.0
Frozen, Yellow (sliced)	¼ cup cooked	Pound	2.9	5.7

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
STRAWBERRIES				
Fresh	½ cup raw whole	Quart (25 oz)	1.5	3.0
		Pound	2.4	4.7
Frozen	½ cup fruit and juice, thawed.	Pound	3.6	7.1
SUCCOTASH				
Canned	½ cup vegetable	No. 10 can (105 oz)	0.7	1.4
		Pound	4.1	8.2
Frozen	½ cup cooked	Pound	2.3	4.5
SWEETPOTATOES				
Canned (vacuum pack)	½ cup vegetable	No. 3 Vac can (17 oz)	2.9	5.7
		Pound	3.0	6.0
Dehydrated (low moisture flakes)	½ cup reconstituted	No. 10 can (62 oz)	0.4	0.8
		Pound	1.4	2.7
Fresh	½ cup cooked sliced	Pound	3.4	6.8

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for: 25 servings (4)	50 servings (5)
TANGERINES, Fresh	½ medium tangerine	Pound	3.2	6.3
	¼ cup sections	Pound	3.7	7.3
TOMATOES				
Canned	¼ cup vegetable	No. 10 can (102 oz)	0.6	1.1
		No. 2½ can (28 oz)	1.9	3.8
		Pound	3.4	6.7
Fresh	½ small tomato (about ¼ cup)	Pound	3.2	6.3
	¼ cup raw diced or sliced	Pound	2.8	5.6
TOMATO PASTE, Canned	¼ cup vegetable	No. 10 can (111 oz)	0.6	1.1
		Pound	3.7	7.3
TOMATO PUREE, Canned	¼ cup vegetable	No. 10 can (105 oz)	0.6	1.1
		Pound	3.5	6.9
TOMATO SAUCE, Canned	¼ cup vegetable	No. 10 can (106 oz)	0.6	1.1
		No. 2½ can (29 oz)	1.9	3.8
		Pound	3.4	6.7

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
TUNA, Canned	1½ ounces tuna	6- to 7-oz can	6.3	12.5
	1 ounce tuna	6- to 7-oz can	4.2	8.4
TURKEY				
Canned (boned)	¼ cup serving (about 1¾ oz turkey meat)	Pound	3.6	7.1
Fresh or Frozen				
Breasts (whole or halves)	1½ ounces cooked turkey meat excluding skin.	Pound	4.7	9.3
	1 ounce cooked turkey meat excluding skin.	Pound	3.1	6.2
Drumsticks	1½ ounces cooked turkey meat excluding skin.	Pound	5.8	11.5
	1 ounce cooked turkey meat excluding skin.	Pound	3.9	7.7
Thighs	1½ ounces cooked turkey meat excluding skin.	Pound	4.9	9.7
	1 ounce cooked turkey meat excluding skin.	Pound	3.3	6.5
Whole (ready-to-cook, with neck and giblets)	1½ ounces cooked turkey meat excluding meat from neck and giblets.	Pound	5.8	11.6
	1 ounce cooked turkey meat excluding meat from neck and giblets.	Pound	3.9	7.8

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
TURKEY—Continued				
Frozen				
Boneless roasts or rolls				
Raw, ready-to-cook	1½ ounces cooked turkey meat.	Pound	3.4	6.7
(no more than 15 percent skin or fat)	1 ounce cooked turkey meat	Pound	2.3	4.5
Cooked	1½ ounces cooked turkey meat.	Pound	2.6	5.1
(no more than ¼ inch skin and fat at any point)	1 ounce cooked turkey meat	Pound	1.7	3.4
TURNIP GREENS, Canned	¼ cup vegetable	No. 10 can (98 oz)	0.9	1.9
		No. 2½ can (27 oz)	2.7	5.4
		Pound	5.3	10.5
TURNIPS, Fresh	¼ cup cooked cubed	Pound	2.8	5.6
(without tops)	¼ cup cooked mashed	Pound	4.2	8.3
VEAL, Fresh or Frozen				
Ground	1½ ounces cooked meat	Pound	3.3	6.5
	1 ounce cooked meat	Pound	2.2	4.3
VEGETABLES, MIXED				
Canned	¼ cup cooked vegetable	No. 10 can (104 oz)	0.5	1.0
		Pound	3.4	6.7
Frozen	¼ cup cooked vegetable	Pound	2.6	5.2

BEST COPY AVAILABLE

Food as purchased (1)	Size and description of serving (2)	Purchase unit (3)	Number of purchase units of food to buy for	
			25 servings (4)	50 servings (5)
VIENNA SAUSAGE, Canned	1 1/2 ounces meat	Pound (drained weight)	2.4	4.7
	1 ounce meat	Pound (drained weight)	1.6	3.2
WALNUTS, ENGLISH (shelled)	1 cup chopped nutmeats	Pound	6.7	13.3
WATERCRESS, Fresh	1/4 cup raw sprigs or pieces	Pound	0.6	1.1
WATERMELON, Fresh	1/4 cup cubed	Pound	4.7	9.4
WHEAT, ROLLED (special purchase)	1/4 cup cooked	Pound	0.6	1.2
WIENERS, see FRANKFURTERS				
YEAST				
Active dry	1/2 cup	Pound	4.2	8.4
	1 tablespoon	1 package (0.28 oz)	25.0	50.0
Compressed	1/2 cup	Pound	6.3	12.5
	4 teaspoons, packed	1 cake (0.60 oz)	25.0	50.0